

"Chix Mix" Barbeque Chicken Salad

Makes: 20 or 40 servings

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Ingredients	Weight	Measure	Weight	Measure
Chicken, boneless, skinless, cut in chunks	1 lb		2 lb	
Barbeque sauce		1/2 cup		1 cup
Black beans		1.5 cups		3 cups
Yellow corn, frozen		2 cups		4 cups
Yogurt, low-fat, plain		1/4 cup		1/2 cup
Spinach, raw		6 cups		12 cups

Directions

1. Place a large non-stick skillet over medium-high heat. Add chicken, barbeque sauce, beans, corn, and yogurt. Stir to combine. Cook until hot.
2. Wash and pat dry spinach.
3. Place 1/4 cup chicken mixture over 1/4 cup spinach greens.
4. Serve with pita wedges.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	107	
Total Fat	1 g	
Protein	11 g	
Carbohydrates	13 g	
Dietary Fiber	4 g	
Saturated Fat	NA	
Sodium	88 mg	

Meal Components

Vegetables

Dark Green 1/4 cup

Meat / Meat Alternate 1/4 cup